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ABSTRACT

The purpose of this guide is to assist junior high physical education teachers to plan coeducational physical education classes in grades seven through nine as mandated by Title IX. A brief outline is presented of the physiological and psychological characteristics of junior high school students and how consideration of these factors may be used in grouping for coeducational physical education. The activities section of this resource guide is divided into four categories: (1) team sports; (2) individual and dual sports; (3) games; and (4) health and appearance. Within each category, recommendations are made for coeducational groupings. Also included are descriptions of modified games. (JD)

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A CURRICULUM RESOURCE FOR JUNIOR HIGH COEDUCATIONAL PHYSICAL EDUCATION

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This curriculum is the result of a Cortland-Madison BOCES sponsored 1982 Summer Curriculum Project and was produced by members of the following component school districts: Cortland City Schools and Homer Central Schools.

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INTRODUCTION

Traditionally the physical education class in junior high schools has been one of the few places in school where the sexes have been kept almost entirely apart. Generally, there was little or no coordination between the male and female physical education staff members, and boys and girls had no idea of what the other sex did, once they walked through the gymnasium doors.

During the last decade, initially fueled by the Women's Liberation movement, equal opportunity for girls and boys in physical education and athletics has slowly become an accepted thing. Indeed, Title IX of the Educational Ammendment of 1972 makes it clear that sexual discrimination in any area of education is illegal.

Since 1972, much has been written and done concerning coeducational physical education. Some schools leaped head first into a totally coeducational program; others, probably due to negative attitudes on the part of teachers and administrators, maintained the traditional separation of sexes.

A third approach perhaps the most practical for junior high school is to look at each activity or sport individually and then objectively decide which units should be done totally coeducational, which ones partially coeducational and which few should remain segregated.

The purpose of this guide is to develop some workable teaching strategies for planning coeducational classes in grades seven through nine. It is hoped that teachers will use this guide -- adding to it, modifying parts, perhaps rejecting items, but nevertheless making this a part of their teaching library.

PHILOSOPHY

Physical education is an integral part of the total growth and development process of each child. A quality program should contribute to the psychomotor, affective, and cognitive development of the student. The products of our physical education classes sould be self-reliant, self-directed, fully functioning adults, capable of living happy, productive lives in a democratic society where lifetime recreational sport experiences have a great significance.

On the junior high school level, activity should be the cornerstone of the physical education curriculum. Students learn best through participation in an activity, not listening to lengthy explanations. Students acquire skills and knowledge through activity, develop improved self-concepts, a spirit of fair play and hopefully have fun in the process.

Concerning coeducatoinal physical education classes for this age group, it is not felt here that indiscriminately mixing girls and boys is an effective method of class grouping. Due to many psychological and sociological factors of adolsecents to be discussed later, it is felt that a carefully planned, moderately integrated program is the best way to implement coeducational physical education in the junior high school.

LEGAL ASPECTS OF COEDUCATIONAL PHYSICAL EDUCATION

In 1972 Congress passed the Educational Amendments of 1972 which included the now famous Title IX regulations. Essentially Title IX says that an institution or agency may not conduct its educational programs or activities separately on the basis of sex. Nor can it refuse participation in a class or activity on the basis of sex in such activities as health, physical education, home economics, industrial arts and several others.

Elementary schools were given one year to comply with the regulations, while secondary schools were allowed three years. Now, ten years later, while great strides have been made, some schools still have not moved to fully comply with Title IX. Many of today's teachers and administrators have attitudes which are slow to change concerning the integration of the sexes in physical education classes.

Title IX makes no curricula requirements except that physical education classes may not be conducted separately on the basis of sex. Title IX does allow scheduling flexibility for physical education staff. Students may be grouped by ability as assessed by objective standards developed and applied without regard to sex. A school can't simply say all the boys are better athletes than the girls and keep their classes segregated.

Students may be separated by sex during participation in the following activities:

basketball
boxing
football
ice hockey
rugby
wrestling.

While only those specific sports are mentioned in Title IX, it also states that any other sports in which the purpose or major activity involves bodily contact may also be conducted separately. All other activities in the physical education program must be conducted in a coeducational class.

This legislation clearly presented a challenge to all physical education teachers. Class structures were changed, teaching strategies

had to be modified to some degree, and many old barriers had to be knocked down. This guide is intended to help junior high physical education teachers carry out the mandates of Title IX.

GROUPING FOR COEDUCATIONAL PHYSICAL EDUCATION AT THE JUNIOR HIGH SCHOOL LEVEL

1. Psychology of Adolescents

A review of the research on the psychology of junior high school students and the past experience of the writers of this booklet offer the following general statements concerning the psychological make-up of boys and girls in the pre-adolescent and adolescent age group:

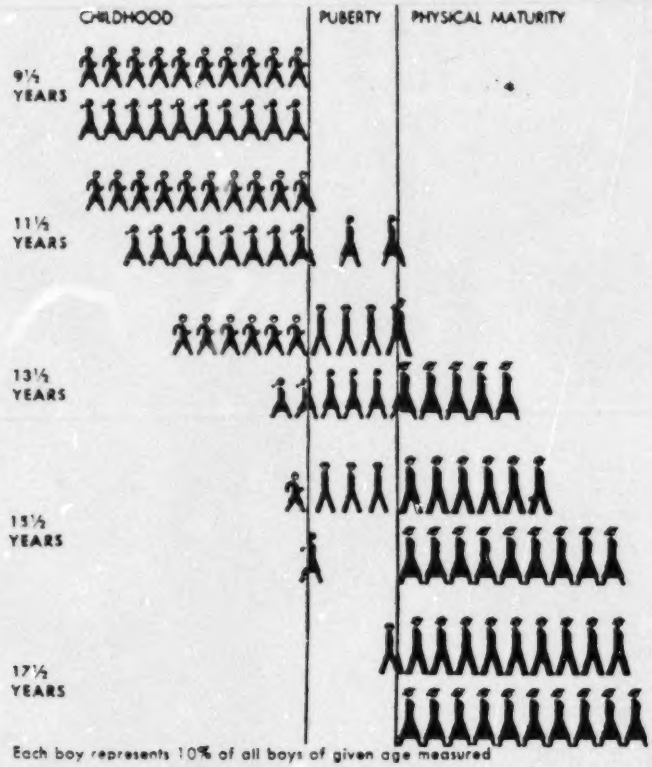
a. there is a wide range of individual differences in maturity level;
b. there is a need to be associated with groups or gangs;
c. gang loyalty is stronger with boys than with girls;
d. both boys and girls are self-conscious about physical changes;
e. there are marked interest differences between boys and girls;
f. there is a strong interest in team games;
g. there is fear of ridicule and of being unpopular;
h. there is strong identification with an admired adult; and
i. there is high interest in physical attractiveness.

2. Physiological Issues Associated with Adolescents

Authorities in the field of adolescent development agree that physical changes frequently influence the behavior patterns of junior high school aged children. In planning for successful coeducational physical education experiences, the following physiological factors need to be considered:

a. boys mature by as much as two years later than girls;
b. girls are usually taller and heavier than boys;

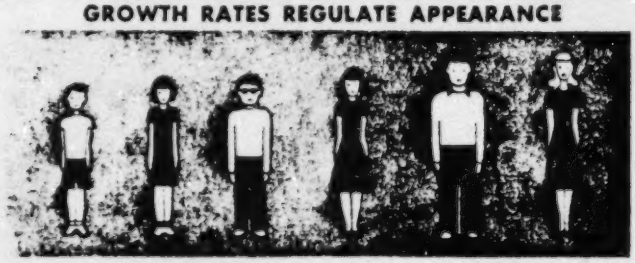
WHEN BOYS AND GIRLS MATURE



Each boy represents 10% of all boys of given age measured
Each girl represents 10% of all girls of given age measured

Usually girls enjoy parties, dancing, and dating before these activities appeal to boys of their age. The reason lies in their earlier maturing.

GROWTH RATES REGULATE APPEARANCE



The ways and rates of child growth seem to show an almost infinite variety. Note the varying height, maturity, and body proportions of these 13-year-olds.

THE PEER GROUP IS IMPORTANT

	GRADE IN SCHOOL	6	7	8	9	10	11	12
GIRLS	"TALK TO MY FATHER OR MOTHER ABOUT IT"	81	68	68	62	56	53	43
	"ASK A FRIEND ABOUT IT"	1	3	10	21	24	29	37
BOYS	"TALK TO MY FATHER OR MOTHER ABOUT IT"	61	58	63	48	48	46	51
	"ASK A FRIEND ABOUT IT"	8	13	10	15	14	25	23

Important as parental approval is to the young child, with the approach of maturity the peer group assumes great significance. Working through worries and problems with each other is characteristic. A parent need not feel that his preadolescent child is "growing away from him." Such behavior is normal evidence of growth and maturity.

c. both boys and girls are undergoing rapid muscular growth;

d. uneven growth of different parts of the body is common;

e. the heart is growing rapidly at the beginning of adolescence; and

f. muscular coordination is improved.

3. Typical Problems Associated with Coeducational Grouping in Physical Education

The primary problem of grouping at the junior high level lies in the fact that our current educational system directs and encourages chronological age grouping rather than developmental age grouping. As indicated in some of the statements above, there is a great diversity in the range of developmental status among individuals of the same age. For the purposes of physical education, grouping by skeletal age (physical maturity), by physical skill development, or even by introversion and extroversion would be far more ideal than our current method of grouping by age alone. The only solution at the present is to deal with the diversity of this age group and to skillfully plan our programs to meet the needs of those who are approaching puberty as well as those who are not.

The chart on the following page is included, courtesy of Scott, Foresman and Company, was taken from **These are Your Children.** It illustrates the maturation rate and corresponding appearace of adolescents.

ACTIVITIES

The activities section of this resource guide has been divided into four categories; within each category we have made recommendations as to the suitability for use in coeducational groupings for physical education classes. Also included are descriptions of modified games. Those games needing a more complete description may be found in the appendix.

A. Team Sports
B. Individual and Dual Sports
C. Games*
D. Health and Appearance

*These are games of a non-competitive nature that may be used either in conjunction with a specific unit, as rainy day activities, or may be incorporated into a total three to six week unit specifically labeled "coeducational games."

OVERVIEW

Sport/ Activity	C/ NC	Modification Play area, Rules	Modification Equipment	Games
Archery	NC	Shorten distance	Lighten bows	Clout; Balloon pop
Badminton	NC	Allows girls to play the stronger side		Team Badminton Handminton Scooter Badminton
Basketball	C	Modify dribbling, passing, scoring; girl vs girl matchup	Smaller ball	Sideline Basketball Bowl Basketball Baseball Basketball Bucketball
Bowling	NC		Lighter ball	Make That Spare Video Scoring
Cross Country Skiing	NC	Shorter course; school fields		
Field Hockey	C	Team size, field size; height of backswing	Full goalie equipment; soft ball	Hockey Keep-Ball Hockey Ten-Passes Hockey Golf
Football	C	No rushing the quarterback; field pass from anywhere on field; all players eligible receivers	intermediate size ball	Flag or Touch Anyball Endball
Golf	NC	Shorter distances	Lighter clubs; Plastic balls	Driving Range Pitch & Put
Lacrosse	C	Team size, playing area; no checking; modify passing	STX ball, stick; goalie stick; goalie mask	Indoor STX (no contact)
Soccer	C	Team size, field size; no slide tackle	Deflate ball Smaller goals	Sideline Soccer Siamese Soccer All-Touch Soccer

OVERVIEW

Sport/ Activity	C/ NC	Modification Play area, Rules	Modification Equipment	Games
Softball	NC	Own team pitches; no balls or strikes; alternate batting order	16" ball	Side-UP Two pitch softball
Swimming	NC	Shorter distances		Water Basketball Water Polo Water Volley Ball
Team Handball	NC	Extend goalie (safety) area; penalties for rough play		
Track & Field	NC	Modify distances	Lighter shot and and discus	Fun Meet Jogging Meet Superstars
Volley Ball	NC	Limit net height; modify passing; alternate boy-girl	Softer ball	Rotational Volley Ball Blind Volley Ball Infinity Volley Ball Unlimited Hit
Weight Training Conditioning	NC	Change duration of activity, repeats, etc.	Light graduated weights; Universal Gym	Self Paced Fitness Trail Slimnastics Superheart
Wrestling	C	girl vs. girl		Substitute Self-Defense

TEAM SPORTS

Highly Suitable	Suitable	Moderately Suitable	Unsuitable
	Soccer Softball Speedaway/ Speedball Team Handball Volley Ball	Field Hockey Flag Football Lacrosse (modify)	Basketball Floor Hockey Ice Hockey

INDIVIDUAL & DUAL SPORTS

Highly Suitable	Suitable	Moderately Suitable	Unsuitable
Archery Bicycling	Badminton		
Bowling Golf Ice Skating Roller Skating Skiing - Cross Country Track & Field	Racquetball Tennis		Gymnastics Wrestling

HEALTH & APPEARANCE

Highly Suitable	Suitable	Moderately Suitable	Unsuitable
Circuit training Fitness testing Jogging Fitness trails Superheart Walking Weight Training	Aerobic Dance Slimnastics		

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COEDUCATIONAL PHYSICAL EDUCATION ACTIVITIES

Section I. Modified Team and Sports Related Games

Sport: Basketball

Teaching Suggestions: (General)

1. Female goals equal three points
2. Limit dribbling for males
3. Person to person guarding; must guard own sex
4. Modify passing to encourage total participation

Activity	Brief Description
Bowl Basketball	see Appendix
Baseball Basketball	see Appendix
ketball	see Appendix

COEDUCATIONAL PHYSICAL EDUCATION ACTIVITIES

Section I. Modified Team and Sports Related Games

Sport: Field Hockey

Teaching Suggestions: (General)

1. Limit playing area, use smaller teams
2. Limit height of stick backswing
3. Use proper goalie equipment
4. Use a softer ball

Activity	Brief Description
Hockey Golf	Any field set up with nine cones, each twenty yards apart. The cones are numbered, indicating the order they must be played. Field hockey sticks and balls are used; the procedure and scoring is as in Golf. A player holes out when his ball hits the cone. Fi points are added to a player's score for "sticks."
Hockey Keep-Ball	Players are divided into two teams, each player has a hockey stick. The game begins with a bully. Each team attempts to control ball, passing it to its own members, preventing the other team from getting it.
Hockey Ten-Passes	Players are divided into two teams, each player has a hockey stick. The game begins with a center bully. Each team attempts to control ball by passing it to team mates. As each player gets ball and passes it to a team mate they call off numbers attempting to get up to ten consecutive passes. The other team tries to intercept the ball and pass among themselves to reach ten.

COEDUCATIONAL PHYSICAL EDUCATION ACTIVITIES

Section I. Modified Team and Sports Related Games

Sport: Floor Hockey

Teaching Suggestions: (General)

1. No slap shots
2. No checking
3. Define positions

Activity	Brief Description
Broomball	Substitute a broom for the hockey stick. Use regular floor hockey rules.
lo-Polo	

COEDUCATIONAL PHYSICAL EDUCATION ACTIVITIES

Section I. Modified Team and Sports Related Games

Sport: Football (non-contact)

Teaching Suggestions: (General)

1. Flag or Touch
2. Limit rushing the Quarterback
3. Forward passes allowed from anywhere on field
4. All players are eligible receivers
5. Use intermediate size football

Activity	Brief Description
Anyball	see Appendix
Endball	see Appendix

COEDUCATIONAL PHYSICAL EDUCATION ACTIVITIES

Section I. Modified Team and Sports Related Games

Sport: Lacrosse

Teaching Suggestions: (General)

1. Use STX stick and ball
2. Smaller playing area, limit team size
3. No checking
4. Goalies wear helmet and chest protector
5. Modify passing to encourage total participation

Activity	Brief Description
Indoor STX	- use STX equipment - unlimited number of players - shoot into a hula hoop suspended from the basket - basketball key is goalie crease

COEDUCATIONAL PHYSICAL EDUCATION ACTIVITIES

Section I. Modified Team and Sports Related Games

Sport: Softball

Teaching Suggestions: (General)

1. Own team pitching, no balls and strikes
2. Pitcher may not field ball
3. Alternate boys and girls in batting order
4. Fielding positions switched each inning

Activity	Brief Description
Sacketball	
Two Pitch Softball	Team at bat uses their own pitcher. Maximum of two pitches per batter. Batter is out if s/he takes two pitches. One strike or foul is an out. This is a good game to encourage speeding up play which is a problem in many classes.

COEDUCATIONAL PHYSICAL EDUCATION ACTIVITIES

Section I. Modified Team and Sports Related Games

Sport: Volleyball

Teaching Suggestions: (General)

1. Limit net height to 7 feet
2. Alternate boys and girls in rotation
3. Modify passing to encourage participation

Activity	Brief Description
Modified Games	
Blind Volleyball	Visually hide the opponents court by covering the net. This encourages quick reactions. Regular volleyball rules apply.
Infinity Volleyball	Both sides work as a team to reach the highest number of consecutive hits over the net.
Rotational Volleyball	Regular volleyball game except players rotate through both sides of the net. A non-competitive game to practice volleyball skills.
Unlimited Hit Volleyball	A team can use as many hits as needed before returning the ball over the net.
Recreational Games	
Beachball	Playing volleyball with a beachball. This is a fun activity which allows many students to be successful.
Blanket Volleyball	Players team up in pairs or small groups holding towels or blankets. Players cooperate to catch and return ball.

COEDUCATIONAL PHYSICAL EDUCATION ACTIVITIES

Section II. Modified Individual and Dual Sport Activities

Sport/Activity	Brief Description
Archery	
Clout	Open field shooting for distance and accuracy; targets are lying on ground.
Balloon Pop	Shooting for accuracy at balloon targets
Badminton	
Team Badminton	Three to six players on a team with movement and space limitations for safety (i.e. limit foot movement to a pivot, or play from knees)
Handminton	Use hand to contact the bird in place of a racquet; limit size of playing space and net height
Scooter Badminton	One to three players on a team; lower height of net; students must remain seated on scooter
Bowlinlg	
Make That Spare	Five frame games; bowling at pre-determined spares
Golf	
Pitching Contest	Pitch to cones or target areas such as hula hoops or trees
Putting Contest	Indoors or out [If indoors, use mats or carpets]
Driving Contest	Use plastic balls; drive for distance or accuracy
Swimming	
Water Basketball	see Appendix
Water Polo	see Appendix
Water Volleyball	see Appendix

COEDUCATIONAL PHYSICAL EDUCATION ACTIVITIES

Section II. Modified Individual and Dual Sport Activities

Sport/Activity	Brief Description
Tennis	
Short Court Tennis	Shorten court depth to service line; underhand serve; play singles or doubles
Team Rally	Players on each side of net work as a team to attain a set number of consecutive hits (compete court against court)
Track and Field	Fun Meet -- Events that add fun to competition: Fifty yard crawl One hundred-twenty yard under hurdle Shot roll Low jump Four man (team) mile Jogging Meet -- Meet runs for one hour. Team consists of one male and one female. Partners alternate running laps. The team score is the total number of laps and yardage completed. Superstars -- Teams perform regular track events.

COEDUCATIONAL PHYSICAL EDUCATION ACTIVITIES

Section III. Games

Game/Activity	Brief Description
ADVENTURE and Trust Type Games	
Clam Free	see Appendix
Cookie Machine	Large group forms two lines facing each other with arms extended -- one person dives face down onto crossed arms of column -- column becomes "conveyor" and passes the "cookie" to the opposite end.
Doctor Dodgeball	Divide play area in half, establish the midcourt line and area "baselines". Regular dodgeball rules using nerf or yarn balls. Hit players require the assistance of two or three appointed "doctors" in order to re-enter the game -- doctors pull wounded players to the baseline.
p Game	Group stands shoulder to shoulder in a circle -- make a quarter of a turn to be in position to "sit" on each others laps.
Trust Levitations	
Clean and Press	Groups of eight, one lies on back on the floor -- lifters, one at the head and others down the sides slip hands under lying person -- on command they lift person overhead
Curls	Same as above but lift person to waist level keeping palms up -- on command raise the lower person 10 times bending elbows only.
Squats	Holding person at waist level, squat and return to standing position, 10 times.
Military Press	On command, raise and lower person (from lifters' shoulders to overhead) 10 times.
BALL GAMES	
Angle Ball	see Appendix.
ball	see Appendix.
Endball	see Appendix.
Jailball	see Appendix.

Section III. Games

Game/Activity	Brief Description
Matball	see Appendix.
Slingshot Ball	see Appendix.
Spasketball	see Appendix.
Dodgeball variations	Vary balls -- yarn balls, foam balls, foam frisbees, etc. Modify rules for situations.
COOPERATIVE GAMES	
Earthball Games	[An Earthball is a six-foot rubber and Canvas ball]
Ball Crawl	Three spotters, as around a trampoline, surround an Earthball. One player takes a running start and jumps on the ball to a kneeling position (no standing). If needed player may be helped up. While on hands and knees the player attempts to crawl backward on the ball which causes it to roll. Attempt to roll the ball to target areas, but the real trick is just to stay on it.
Earthball Tournament	Players are divided into two teams. Teams each move to an endline at opposite ends of the field. The Earthball is placed in the center. The referee starts the game with a signal and the players from each team try to push, lift, throw or by any means move the ball past the other team goal.
Planet Pass	Everyone forms two lines and lies down on their backs with heads toward the center. Raising hands they start passing the Earthball down the line. If the ball starts to get away, tap it back with your foot.
Shuttle Relay	Two lines are formed with players facing each other. The ball starts at one end and as each player passes it they run to the end of the line to receive and pass the ball again. Continue this shuttle movement till the ball reaches its destination across the field.
Orbit	Players on one team lie on their backs in a circle with heads toward the center and feet in the air (no shoes). The other team stands in a circle around them, facing inward. The Earthball is tossed in the center. Those on backs can touch it only with their feet, those on feet can touch it only with their hands. Feet are trying to kick the ball over the heads of the standing team, the Hands are trying to push the ball back in to the Feet. If the ball does go over the outer circle, teams switch sides.

COEDUCATIONAL PHYSICAL EDUCATION ACTIVITIES

Section III. Games

Game/Activity	Brief Description
Group Juggling	Players stand in a circle, facing center with hands raised. Starting with one Nerf Ball the players catch it and throw it, each calling the name of the receiver as they toss it to them. the last catcher throws the ball back to the player who started. A pattern has been established. Practice throwing in this pattern once or twice. Now begin again, starting slowly, building up speed, adding another ball and reversing the balls' direction.
Knots	Use about twelve players per group. To form the knot stand in a circle, shoulder to shoulder and place hands in the center. Everyone then grabs a couple of hands, making sure no one holds both hands with the same person or the person right next to them. The goal is work together, going over, under, and through teammates to untie the knot.
Mime Rhyme	Gather in a group. One player states he's thinking of a word and it rhymes with _____ (eg. "tie"). The rest try to figure out the word by acting out their guesses in pantomime. One of the guessing players may stand and start pointing up only to be told by the word selector, "No, it's not 'sky'."
Parachute Games	
Ball Pass	Divide into two teams. Everyone holds the parachute around the edge. Toss in an Earthball. Each side tries to roll the ball off the chute and over the heads of the other team.
Chute Ball	A coordinated group effort is needed to get the Earthball rolling around the edge of the parachute without it rolling off. A steady wave-like motion is needed.
Chute Volley	Two small parachutes are needed. Form teams and try tossing an object back and forth. Try for height, distance and consecutive tosses.
rwegian Kickball	Players are divided into two teams, fielding and kicking teams. The ball is pitched and kicked into the field, the kicker then attempts to run all the bases to reach home. One person fields the ball while the rest of his team lines up, one behind the other, in front of home plate. The fielder throws the ball to the line. Players

Section III. Games

Game/Activity	Brief Description
Norwegian Kickball (Continued)	must them pass the ball over or under each person, alternating the movement, to have the ball reach home plate. If the runner arrives home first he is safe, if the ball reaches home first the runner is out.
Scooter-Soccer Cageball	Players are divided into two teams. Two players per scooter, one sitting and one pushing (positions may be changed during games). The object is to move the cageball over the opponents endline by pushing it with players feet. The only way a scooter player may move to the ball is to be pushed by his partner.
Quick Line-Up	Players line up shoulder to shoulder in four teams, each team forming one side of a square. One player is in the center as a spinner. S/he stands for a minute facing one of the teams. Each team member has to remember the order in which his/her team is lined up and where his/her team is lined up in relation to the spinner. A team can be facing the spinner, it can be to the left or right side, or it can be behind the spinner. The spinner spins around, and when s/he comes to a stop calls "Quick Line-Up". The teams must scramble to regroup in their original positions in relation to the spinner. As soon as a team is set they yell "Quick line-up" to show that they are done.
Zoom-Beep	Everyone forms a circle and holds hands. One player starts by giving a quick squeeze to the hand of the person on this right. This passed around the circle. Then speed up the action and add a sound. Squeeze and say Zoom. Next add the sound Beep but going in the opposite direction (to the left). Try reversing the flow, adding another or changing a sound, or action.
Cradle	One person lies on their back on the floor. Five or so people line up each side on knees and slide hands well underneath the players body, from head to feet. Slowly lift the player off the floor, rocking him/her back and forth. Raise his/her body above head level and hold, then slowly lower again with the rocking motion.

COEDUCATIONAL PHYSICAL EDUCATION ACTIVITIES

Section III. Games

Game/Activity	Brief Description
People Pass	Everyone stands facing forward in a double line, making sure passers are as close together as possible. One person at the head of the line leans back and is lifted up to be passed over head back down the line. At the end of the line one player supports the "passee" at the shoulders to be sure of a feet first landing.
Willow In the Wind	Form a small circle of about eight players shoulder to shoulder, facing center with hands held chest high, palms forward. The "willow" stands in the center of the circle with feet together, arms crossed over chest and eyes closed. The willow sways in all directions. Circle players support the willow with gentle pushes of the palms.
Frisbee Games	
Frisbee Croquet	Hoops on short stakes are stuck in the ground and players must throw their frisbee through the hoops and proceed around the course as in lawn croquet.
Frisbee Dodgeball	Dodgeball game played with foam frisbees for fun and safety. Ideal for coed classes.
Frisbee Football	An all pass flag or touch football game where advancing downfield is done by passing the frisbee to a pass receiver. Instructor can modify football rules to suit each class.
Frisbee Golf	A 9 or 18 hole course is ideally set up for players to go around and compile a total score. The hole consists of a flag stick with 3 foot circle around it. Out of bounds and hazards may be placed by the instructor. Golf rules and etiquette may also be taught.
Frisbee Softball	The frisbee is pitched to the batter by a member of his/her own team. The batter must catch the pitch to be allowed to complete the turn at bat. A dropped pitch is an out. The batter then throws the frisbee into the field and runs the bases. The batter is out if the frisbee is caught on one side off the ground, caught on a fly, or indoors if caught off a wall. All other regular softball rules apply. Game can be played for seven innings or for certain time period.

Section III. Games

Game/Activity	Brief Description
Guts	Two teams of 4-15 players spread out behind lines 15-20 yards apart. The frisbee is thrown by one team to the other. If caught, no points are scored; if dropped or allowed to hit the ground a point is scored for the throwing team. Frisbee is then thrown to the other team where the same rules apply. Game is played for a set period of time or to a set point value. Game becomes more fun when two or three frisbees are used simultaneously.
Maximum Distance	A contest where the student throws the frisbee and then runs after it and must catch it in the air. Students learn how high and far they can throw and still catch up to their frisbee.
Maximum Time Aloft	Students see how high they can throw the frisbee and still catch it. A stopwatch is needed to time the hang time of each throw.
Speed Flow	Two players per team spaced 10-25 yards apart. The goal is to see how many successful passes can be made in a specified time period. Contests can be conducted with each team counting their throws.
Ultimate Frisbee	see Appendix.
TAG GAMES	
Elbow Tag	Divide into pairs and link elbows with partner. Keep outside elbow bent with outside hands on waist. One volunteer is It, and one is the runner. It tries to tag the runner. The runner may avoid being tagged by linking an elbow with the member of any pair on the field. When he does he shouts "Go" and the other member of the pair is the new runner.
Go Tag	Everyone squats in a line, alternating facing opposite sides. Think of an oval track running around the line. Player at one end is the runner and may run around the track in either direction. The player at the other end is the chaser who may run around the track in one direction and may not change directions once started. The chaser works with others in line to tag the runner. The chaser at any time may tap a squatting player and shout "Go". The tapped player becomes the new chaser.

Section III. Games

Game/Activity	Brief Description
Hemisphere Tag (Buns Tag)	Players form a large circle. Circle players, using hips and buns, bat an Earthball back and forth in an attempt to tag a player inside the circle with the ball. Player moves anywhere in the circle he wants, trying to avoid the ball.
Octopus Tag	Playing area with safe zones at either end. One player, the Octopus, is armed with a Nerf ball. The Octopus tries to freeze the runners as they move across the field by tagging or hitting them with the ball. A tagged player is frozen in place and becomes a helper (tentacle). In the next round the runners may also be tagged by the stationary tentacles.
Rock/Paper/Scissors	Players divide into two teams. The field has a safe zone for each team and a center line over which they meet. Each team huddles and decides which symbol they will throw. Paper covers Rock, Rock breaks Scissors, and Scissors cut Paper. The team throwing the winning symbol chases the other team, tagging players before they reach the safe zone. Tagged players join the team that caught them and a new round begins.
Samuri Warrior	Players form a circle around the "Samuri" who is armed with a sword (boffer or rolled towel). Samuri swings the sword at players either high or low (not hitting the players). High swings players must duck, low swings they have to jump. If a player jumps when he is supposed to duck, or vice versa, he either drops out of the gime till the next round, or becomes the new warrior.
Space Chase	Players form two circles, a large one facing in and a smaller one inside the large one, facing out (a donut). The Earthball is placed between the two circles. On the side of the circle opposite the ball a player steps out. On Go the player runs toward the ball in an attempt to catch it. At the same time circle players attempt to roll the Earthball around the circle to catch the runner from behind.
Swat Tag	Players form a circle around a boffer placed on top of a marker in the center. One player picks up the boffer and moves around the inside of the circle. The swatter boffs a circle player. He then must run back and lay the boffer on the marker and return to the swatted person's place in the circle, before his victim can recover the boffer and tag him with it. If the swatter is successful, the victim becomes the new swatter. However, if the victim tags the boffer the chase starts again, back to the marker with the boffer.

Section IV. Health and Appearance Activities

These activities are designed to help maintain good fitness through a self-paces, noncompetitive situation. Therefore, the committee recommends these activities as being very suitable for coeducational physical education.

AREAS:

Aerobic Exercise
Body Alignment-posture
Fitness Testing
Flexibility
Muscular Endurance
Strength

ACTIVITIES:

Aerobic dance
Aerobic games
Calisthenics - physical training exercises
Circuit training
Cycling, running, walking
New York State Physical Fitness Test, President's Council on Fitness, etc.
Outdoor Fitness Trails
Slimnastics - study of various techniques and knowledge designed to help maintain good individual figure control.
Superheart - program of activities and exercises which increase level of cardiovascular fitness.
Stretching
Weight training

A P P E N D I X

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ANGLEBALL

DESCRIPTION: A team game where teams pass the ball to set up a shot at the "goal".

PLAY AREA: An outdoor field no more than 40-50 yards long.

EQUIPMENT: 3 balls (team handballs, soccerballs, volleyballs, playground balls)
2 large cones

PLAYERS/TEAM STRUCTURE: Two teams of any size

DURATION: Game can be played to a certain amount of points or a set time period.

RULES/ PROCEDURE:
- Two teams spread out around field, no one allowed in goal crease
- A large cone with a ball on top is placed in the center of each goal crease
- One team is given the ball. Players must pass the ball (limited to 2-3 steps) trying to pass the ball toward the goal.
- A goal is scored by hitting the ball or the cone, knocking the ball off.
- Missed shots remain in play.
- No rough play is allowed. Penalty shots may be awarded.

SCORING: First team to score a certain number of goals is the winner.

ANYBALL

DESCRIPTION:
A fast moving game which involves primarily passing or shooting a ball to score points in three different ways.

PLAY AREA:
Outdoor soccer or hockey field; indoors in the gym

EQUIPMENT:
Intermediate size football for outside
Nerf ball for inside
Cones (goal lines)
Pinnies

PLAYERS/TEAM STRUCTURE:
Flexible, using any equal number of males and females per team.

DURATION:
One class period

RULES/ PROCEDURE:
- Game begins with a jump ball
- Goals are scored by passing the ball across the goal line, passing the ball through a basket, or hitting the basketball backboard with the ball.
- The ball is automatically given to the opposing team on a dropped pass.
- Aerial dribbles are prohibited.
- Players may take 1-1/2 steps with the ball before passing.
- Five second time limit for each player hlding the ball before it must be passed.
- Following a goal, the ball is given to the opposing team at the spot where goal was scored.
- Body contact is a foul; ball turns over to opposing team.
- Simultaneous catch by opposing players results in a jump ball.

SCORING:
3 points - Goal scored by passing over goal line
2 points - Goal scored by passing into basketball hoop
1 point - Goal scored by ball hitting basketball backboard

BASKETBALL BASEBALL

DESCRIPTION: A large group lead-up game incorporating several basketball skills; a good game for practicing dribbling, passing and shooting

PLAY AREA: Gymnasium

EQUIPMENT:
1 basketball
1 soccerball
1 base

PLAYERS/TEAM STRUCTURE: Two teams of 6-15 players each

DURATION: Either play for a certain amount of time, or a certain number of innings

RULES/ PROCEDURE:
- One team at bat, one team in the field.
- Soccer ball is pitched (rolled slowly) to the batter who must kick it forward, a missed kick is an out.
- Even if the kick is caught, the batter still gets to run the bases.
- Batter runs to first base where s/he receives a basketball.
- Batter dribbles to second base where a lay-up must be made in the basket, batter continues on to third and home where lay-ups must also be made.
- Fielding team catches the soccer ball and must make 10 pases ending up at the home plate basket where the pitcher shoots until a foul shot is made.

SCORING: Batting team scores a run if three lay-ups are made before the fielders make their foul shot.

BOWL BASKETBALL

DESCRIPTION: A fun fast moving game involving basketball shooting, passing and dribbling

PLAY AREA: Basketball court

EQUIPMENT:
4 basketballs
1 Indian club

PLAYERS/TEAM STRUCTURE: Four teams of any number -- each team lines up along the sideline from THE ENDLINE toward the center for the "bowling" portion of the game

DURATION: One class period

RULES/ PROCEDURE:
- Indian club is placed in the center of gym
- Each team bowls the basketball at the pin (all team members take a turn until the pin is knocked down)
- When the pin falls: the team that caused it to fall lines up at the nearest basket and shoots until all other teams have completed 25 chest passes - the teams not responsible for knocking the pin down line up in two lines facing each other in their own corner of the gym and pass the basketball back and forth 25 times, using a chest pass.

SCORING:
1 point - for knocking the pin down
1 point - for each basket made
1 point - for finishing 25 passes first

BUCKETBALL

DESCRIPTION: A form of basketball which involves passing, dribbling, and shooting into moving baskets. A team attempts to score on their goalie, at the opposite end of the court, who has a basket or bucket in his/her hands. Goalie stands on a chair or platform and helps team mates score by moving bucket in the direction of the shot.

PLAY AREA: Gymnasium

EQUIPMENT: Basketball, platforms or chairs, baskets or buckets, colored vests

PLAYERS/TEAM STRUCTURE: Five player teams, or which two players must be female

DURATION: Time limits set by teacher or point limits set by teacher

RULES/ PROCEDURE: Game begins with a jump ball. Basketball dribbling rules apply, and there is a five second limit on holding the ball. Points are scored when the ball lands in the bucket. Passes must alternate from male to female. Following a basket, the ball is given to the opposing team in front of the basket where points were made.

SCORING: Goal scored by female equals three points
Goal scored by male equals two points

CLAM FREE

DESCRIPTION: A cooperative group game where everyone is active
Tag game using a ball

PLAY AREA: Boundaries in gym to be established by teacher depending on size of group and size of gym

EQUIPMENT: A ball for every "It" ("nuclear reactor")

PLAYERS/TEAM STRUCTURE:
Unlimited number
Boys and girls mixed
Scatter formation

DURATION: Five to 10 minutes (may be used as a class warm up or on a day of just games)

RULES/ PROCEDURE:
Three or four players are "It" (nuclear reactors)
- Other players are clams
- "Nuclear reactors" attempt to tag "clams" by hitting them with a thrown ball
- Tagged "clams" freeze by standing with hands held high
- Two "clams" may free a frozen "clam" by encircling it and shouting "clam free 1-2-3-"

SCORING: None - play until all "clams" have been frozen

ENDBALL

DESCRIPTION: A throwing game that can be modified and adapted to a variety of sports.

PLAY AREA: A field or court with designated end zone areas (end zone areas are referred to as bases)

EQUIPMENT: May use either: a volley ball, basketball, football, playground ball, softball or others

PLAYERS/TEAM STRUCTURE: Two teams of 12 to 15 is suitable (more or less may be used) -- 2/3 of the players are guards and occupy one-half of the playing court, the rest are "basemen" and stand in opponents end zone.

DURATION: One class period

RULES/ PROCEDURE:

- Game starts with a toss-up between two guards at the center
- Guards attempt to secure the ball and throw it past opposing guards to their own basemen
- Guards may not run with the ball
- Guards may not hold the ball for more than 3 seconds
- Guards may not step over center line

SCORING: 1 point for each completed pass from guard to basemen

JAILBALL

DESCRIPTION: A dodgeball game where players must go to jail when they are out instead of simply sitting on the sidelines.

PLAY AREA: Gymnasium

EQUIPMENT: Playground balls, fleeceballs, or yarnballs, 2-3 balls should be used

PLAYERS/TEAM STRUCTURE: Two teams of any size

DURATION: Time limit established by the teacher

RULES/ PROCEDURE:
- Regular dodgeball rules apply. If a player is out s/he must go to other end to enter jail.
- Players are all allowed to leave jail when someone in jail catches a ball thrown by a team mate from the other end.
- If a pass to a jailed player is intercepted, the thrower must go to jail.
- Players in jail must leave the balls alone, except for trying to catch passes.

SCORING: No scoring is necessary. The game should be continuous.

MATBALL

DESCRIPTION: A kickball type game providing greater participation than normal kickball.

PLAY AREA: Gymnasium

EQUIPMENT:
1 playground ball
4 - 5' X 10' mats

PLAYERS/TEAM STRUCTURE: Two teams with any number of players

DURATION: Game can be played by innings or for entire class period

RULES/ PROCEDURE:
- A 5' X 10' mat is placed in each corner of the gym. Pitcher's area is in the center.
- Ball is rolled slowly by the pitcher. The batter must try to kick all good pitches
- A missed kick is an out. All forward kicks are fair.
- Batter must run to first base where he can be forced out, tagged out or hit with the ball before touching the base.
- The runners must circle the bases twice to score a run. The runners are never forced to run. Several runners may be on a base together.
- Once a runner leaves a base, s/he must advance to the next base.
- The only force out is on the batter running to first the first time around.
- Three outs to an inning.

SCORING: All runners circling the bases twice scores a run.

PING MINTON

DESCRIPTION: An activity combining badminton, ping pong and volleyball

PLAY AREA: Indoor volleyball court

EQUIPMENT:
Ping pong paddle for each player
outdoor badminton shuttlecock
volleyball net

PLAYERS/TEAM STRUCTURE: Six to 12 players per team, composed of an equal number of boys and girls -- of 12 per team

DURATION: Teacher to determine time or point limit

RULES/ PROCEDURE:
- Volleyball rules are followed except:
-- Spiking is prohibited
-- One "help" is allowed on the serve
-- The paddle cannot touch the net
-- Players are positioned on the court by alternating boys and girls

SCORING: One point on serve. Game is won by scoring 15 points with two point margin.

x

SPASKETBALL

DESCRIPTION: An active game involving soccer, speedaway and basketball skills

PLAY AREA: Basketball court with a "soccer goal" area designated under the baskets

EQUIPMENT: One slightly deflated soccer ball or an old volleyball

PLAYERS/TEAM STRUCTURE: Two teams of from six to 12 players (if more, modify to a sideline type game similar to sideline basketball)

DURATION: One class period

RULES/ PROCEDURE:

- Game is started with a jump ball
- Ball may be passed in the air until it touches the ground
- Ground ball must be played soccer style and remain on the ground until it is converted into an aerial ball
- Soccer dribbling is allowed; basketball dribbling is NOT allowed
- Basketball shots may be attempted with an aerial ball
- Soccer goals may be attempted when the ball is on the ground

SCORING:

1 point - soccer goal
2 points - basket

ULTIMATE FRISBEE

DESCRIPTION: A fast moving, competitive, noncontact sport played by two teams of mixed males and females

PLAY AREA: Field or gymnasium with designated end zone areas

EQUIPMENT:
1 fisbee
pinnies

PLAYERS/TEAM STRUCTURE: Two teams of seven players each. Each team defends their own end zone and attempts to score in their opponents end zone.

DURATION: Official games are 48 minutes long, played in two halves of 24 minutes with 10 minutes for half time.

RULES/ PROCEDURE:
- Play begins with a throw off -- all players must be behind their own goal line until the frisbee has been thrown.
- Team in possession attempts to move the frisbee into opponents end zone.
- Frisbee must always be thrown; may not be handed.
- Players may pivot, but not run while in possession of frisbee
- Defensive team gains possession when offense fails to complete a pass or throws frisbee out of bounds
- Body contact constitutes a foul
- Frisbee may not be held for more than 10 seconds

SCORING: 1 point for catching the frisbee with two feet in the opponents end zone.

WATER POLO

DESCRIPTION: A vigorous water game that involves passing or carrying a ball into a designated goal area.

PLAY AREA: Swimming pool or open water

EQUIPMENT: Goals consisting of two uprights and a cross bar placed one foot out into the water at each end of the swimming area; and any boyant ball.

PLAYERS/TEAM STRUCTURE: Seven players to a team

DURATION: Fourteen minutes per game, divided into two seven-minute halves

RULES/ PROCEDURE:

- Players arrange themselves in line with their respective goals; the ball is released for play on a given signal.
- The ball may be carried or thrown through the goal.
- Players may touch the ball with one hand only.
- Rough play or walking on the bottom are fouls.
- Following a foul, a free throw is awarded the offended team at the spot where the foul occured.

SCORING: One point is scored when the entire ball has crossed the goal line between the uprights and below the crossbar.

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